

## Milestones

Below are some of the changes you can expect to see as your child grows from 1 to 2 years old.

**By the end of 2 years (24 months), most children will:**

- Imitate the behavior of others
- Begin make-believe play
- Follow simple directions
- Kick a ball
- Scribble with crayons
- Thread large beads
- Be more aware of himself as separate from others
- Enjoy being around other children (but are still learning about sharing)
- Begin to show defiant behavior (“No!” may become a very popular expression.)
- May show separation anxiety
- Begin to sort objects by color and shape
- Point at objects that are named for him
- Progress from saying several single words (by 1 1/2 years) to using simple phrases (by 1 1/2 to 2 years) to using 2- to 4-word sentences.
- Walk alone and begin to run
- Pull toys behind her while walking
- Carry large toys or multiple toys while walking
- Climb on and off furniture without help
- Walk up and down stairs holding your hand or the railing
- Turn over containers to pour out contents
- Begin to learn about using the toilet



## Indicators for Concern

All children develop at their own pace, but ask the pediatrician if you're worried about how your child is developing or if your child shows these signs:

- Cannot walk by 1 1/2 years old and/or walks only on her toes
- Does not use 2-word sentences by 2 years old
- Cannot follow simple instructions by 2 years old
- Cannot push a wheeled toy by 2 years old
- Suddenly can't do things she was able to do before

**For more information contact:**

The Children's Trust Helpline  
211 or 305-631-4211

Early Steps  
1-800-654-4440

Injury Free Coalition for Kids of Miami  
305-243-3928  
[www.injuryfree.org](http://www.injuryfree.org)

Women, Infants and Children (WIC)  
786-336-1333



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# What to Expect: Your Child at 1 Year

Your baby has grown into a toddler! In this year, your child will learn and develop new skills, abilities and needs. Inside, you will find some information about what you can expect and some ideas for an enjoyable journey into toddlerhood.



Healthy Start Coalition  
of Miami-Dade

## Welcome to Toddlerhood!

As your baby moves out of infancy and into toddlerhood, the joys and challenges of parenting will change. Your 1 to 2 year olds separation anxiety will peak and then decrease. Your child will also have a new sense of interest as she views and interacts with the people and world around her. Your child's ability to express herself with words will increase. Emotionally, your child still needs the love and care she required as a baby, but she also wants to practice her independence. Here are some tools to help you through these busy times of growth:

- Set up your child for success. Children (and parents) behave best when they are well rested and well fed.
- Talk to your child about what is to come so he knows what to expect.
- Don't hit or spank. Distract your child by giving him something else or taking him to a different area. When possible, put away things that your child can't have or touch.
- Be consistent and firm. "No" means "no" for the same thing every day.
- Set limits and rules for your toddler. Children can't do this for themselves.
- Your child's feelings are real and powerful. Help your child learn the words to express his feelings. Understand that this will take time.
- Model the behaviors you want to see in your child. Your child will learn manners, gentle touch, and other behaviors by watching you.
- Get down to your child's level to talk.

## Keeping Your Child Safe

Toddlers are curious. They like to explore and experiment. As your child's walking and climbing skills improve and curiosity increases, your child-proofing may also need improvement.

### Here are some safety tips:

- Toddlers like to put small, shiny things in their mouths. Keep small objects like coins, buttons, and pins out of reach.
- Keep sharp or breakable things out of reach
- Cover electrical outlets and unplug appliances that are not being used.
- Keep medicines, detergents and cleaners out of reach and secured with locks.

## Feeding Your Toddler

Help your child develop good eating habits by offering healthy foods. Let your child decide how much to eat from the foods you serve.

- Children eat more on some days than others. Think about what your child eats over several days or a week, not just one day.
- Try cutting fruits and veggies into fun shapes.
- It is normal for children to play with their food and be messy. If your child stops eating or throws food, take it away.
- Children need to control their own eating. Do not bribe, play games, or force your child to eat.



## Let's Play!

Play is the time your toddler gets to practice and try new skills. Your child will enjoy playing with you, alongside other children, and alone. Below are some tips and ideas for safe, low-cost play:

- Keep one kitchen cupboard as a safe area to play. Store your child's cups and plates as well as safe pots, pans, mixing bowls, and mixing spoons. Allow your child to "cook" while you are preparing meals.
- Fill a sink or basin with warm, soapy water. Provide funnels, spoons, and plastic cups for your child to pour and measure the water. Be prepared for splashes and spills. Always supervise water play.
- Make a fort (or castle) with sheets, large cardboard boxes, and large furniture.
- Read books and tell stories to your child. Let your child point to pictures and turn the pages.
- Go for walks. Allow your child lots of time to stop and explore.
- Play pointing games. Early on, let your child point and you can name the object. As your child learns more words, switch roles.
- Listen to music and dance together.
- Color with crayons or chalk. Put them away when finished, so your child won't draw on anything else.

